

# **MONONUCLEOSIS (MONO)**

**Mono is caused by an infection with the Epstein-Barr virus, a virus in the herpes family of viruses. There are new strains to this virus so people may get mono more than once.**

**Mono is frequently referred to as the “kissing disease” because you can catch it from the saliva of someone who has the virus. But because it’s transmitted through saliva, a person doesn’t need to kiss someone to get mono: It can also be contracted by sharing a toothbrush, drinking straw, water bottle, or eating utensil with someone who has the virus.**

**Symptoms usually appear 4-7 weeks after you’ve been infected with the virus. Symptoms are:**

- \*being tired all the time**
- \*fever**
- \*sore throat**
- \*loss of appetite**
- \*swollen lymph nodes**
- \*headaches**
- \*sore muscles**
- \*larger than normal liver and spleen**
- \*skin rash**
- \*abdominal pain**

**Mono can’t be cured and needs to run its course naturally over about 4-6 weeks, and some people feel tired for several weeks longer. The virus may be active for several months.**

**Even if you have several of these symptoms, don’t try to diagnose yourself. Always consult your doctor if you have a fever, sore throat, and swollen glands or are unusually tired for no apparent reason.**